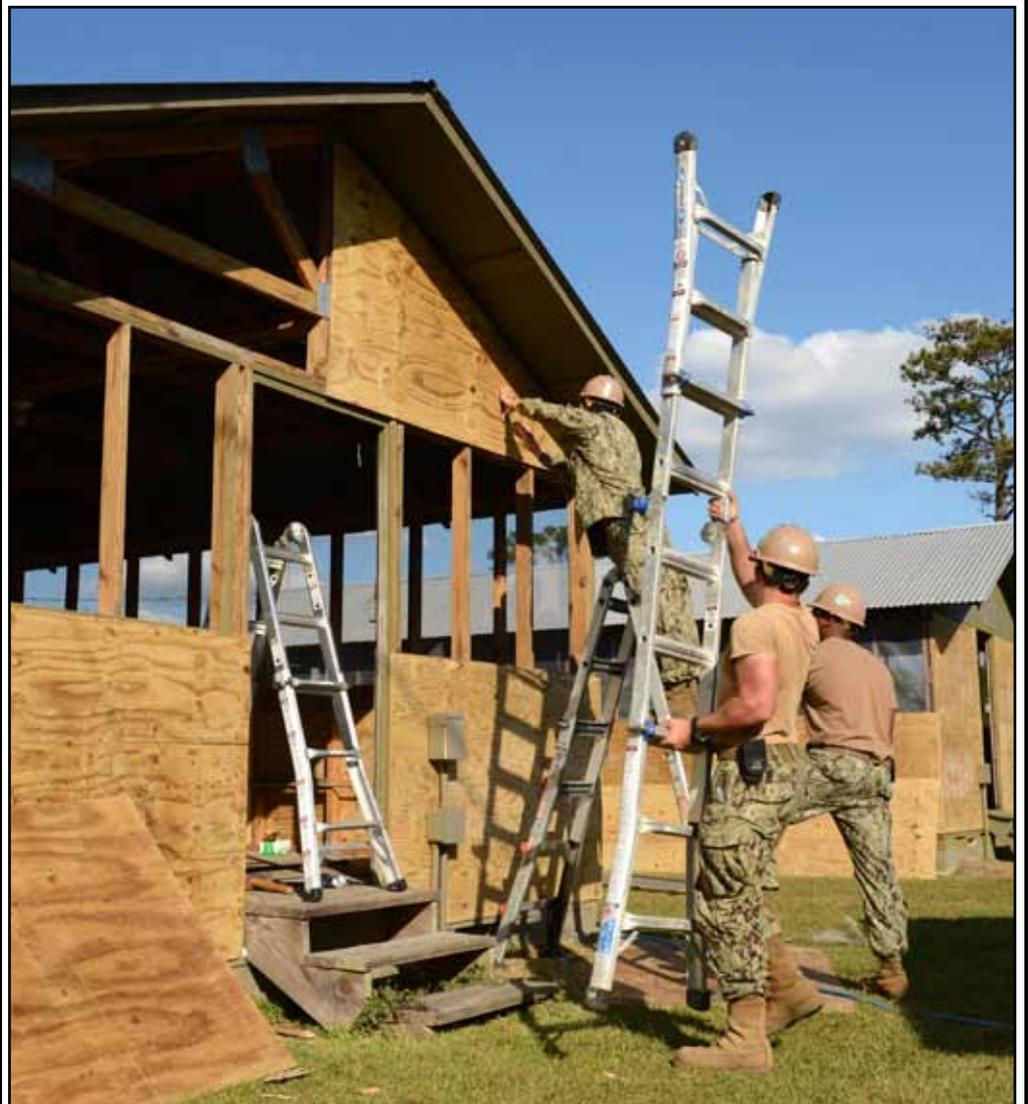


# SEABEE COURIER



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 1 conduct a concrete pour during the battalion's equine facility project at the Harrison County Fairgrounds in Gulfport, Miss. NMCB 1 is currently conducting the maintenance phase of its homeport training cycle after recently returning from a six-month deployment to the Pacific. (U.S. Navy photo by Steelworker 3rd Class Darcie Via/Released)

## Land and Amphibious Seabees support Bold Alligator 2014



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 1 conduct renovations to a South East Asia (SEA) hut at Marine Corps Air Station New River. NMCB 1 provides vertical and horizontal construction as a part of real-world and scenario based training for Bold Alligator 2014. Bold Alligator is intended to improve Navy and Marine Corps amphibious core competencies. Working with coalition, NATO, allied and partner nations is a necessary investment in the current and future readiness of our forces. The exercise takes place Oct. 29 - Nov. 10, afloat and ashore along the Eastern Seaboard. (U.S. Navy photo by Mass Communication Specialist 1st Class Mike Lenart/Released)

## Gulfport Seabees continue tradition of service to community

By UTCN Alicia K. Fluty  
NCBC Public Affairs

Seabees are used to deploying to small islands and remote countries to help build schools, drill water wells, support humanitarian assistance and disaster-response operations. To provide assistance in the communities where they live and work is often a welcome change.

Seabees assigned to commands on board Naval Construction Battalion Center (NCBC) Gulfport have been doing their part to make a positive impact in the community by providing needed support to local projects.

Seabees recently helped

set up the annual Gulfport Boo-Bash event at the Jones Park. Additionally, they manned the game stations, helped with costume contest registration, refreshment stations, train rides and helped clean up after the event. Seabees also volunteered to help set up and clean up the 2014 Gulf Coast Heart Walk also at Jones Park.

More than 100 volunteers assisted with the 2014 Area 3 Special Olympics held on board Naval Construction Battalion Center, Aug. 23. They escorted more than 80 Special Olympians and ran the sporting events.

"This was a great op-

See **TRADITION** page 7

Story and more photos, page 7

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# 'Chip and PIN' credit cards coming to DoD travelers

By **Claudette Roulo**  
DoD News, Defense Media Activity

Starting in January, Defense Department government travel card holders will begin receiving new "chip and PIN" cards, the director of the Defense Travel Management Office said.

In December, the department is due to wrap up a pilot program that started in February and involved about 600 users, Harvey Johnson said in a DoD News interview, adding that the pilot program has been successful so far.

The chip and PIN system already has been adopted in many parts of the world, because it offers additional security to credit card users and merchants. Transactions involving these cards work something like an ATM withdrawal, in that the user inserts the card into a point-of-sale machine, and rather than signing for the purchase,

the customer enters a four-digit personal identification number.

Point-of-sale machines read a chip embedded in the card -- rather than the magnetic strip on the back -- and the cardholder never has to hand the card off to a merchant. This two-step system protects against identity theft more effectively than the relatively easy-to-counterfeit magnetic strip and signature system.

Rollout to DoD users will begin with cardholders who have cards that will expire soon, Johnson said.

"So, as your card expires, you'll receive a chip and PIN," he explained. "If you're new to the Department of Defense, you'll receive a chip and PIN card."

Next up are cardholders who travel frequently, Johnson said.

"It used to be that we considered it frequent travel if you travel three times

a year," Johnson noted, "but now we're sort of moving away from that, and if you travel [at all], we're going to recommend that you use a chip and PIN card and that you get a [government travel] card."

By late summer of 2015, all Defense Department travelers will have the chip and PIN card, Johnson said.

For now, chip and PIN cards are limited to people in the test population, but beginning in January, travelers will be able to request one if they will be traveling to a location where chip and PIN cards are dominant, Johnson said.

"Once we have an implementation plan, we will spell out how we actually do that," he said. With about 1.3 million government travel card users, Johnson noted, "if everybody wants it in January, we probably can't get there. So there needs to be a methodical deployment."

## White House Communications Agency Recruiting Visit Nov. 18, 1 p.m.

White House Communications Agency (WHCA) is committed to recruiting the best and the brightest. WHCA members come from all Services, with varied levels of experience and multiple specialties. Members assigned to WHCA will provide direct service to our mission in Washington, DC or on a travel team in support of the President, Vice President, First Lady, and others as directed. Military job opportunity for service members in the following skills:

**Army Enlisted:** 12H, 12W, 12Y, 25B, 25C, 25E, 25L, 25M, 25N, 25P, 25Q, 25R, 25S, 25T, 25U, 25V, 25W, 25X, 35F, 35L, 35P(RU), 35Q, 35Y, 36B, 42A, 88M, 88N, 91B, 91D, 91E, 92A, 92Y, 94E, 94F, 94W, 94Z

**Navy Enlisted:** BU, CE, CTI(RU), CTM, CTN, EM, ET, IC, IT, MC, PS, SW, YN

**Air Force Enlisted:** 1A3X1, 1B4X1, 1N3X1 (RU), 1SOX1, S2OX1, 3A1X1, 3D0X0, 3D0X1, 3D0X2, 3D0X3, 3D0X4, 3D100, 3D1X1, 3D1X2, 3D1X3, 3D1X7, 3E6X1, 3N0X2, 3N0X5, 3S0X1, 3X2S1, 6C0X1, 6FOX1

Interviews: NCBC Gulfport, Tactical Training Facility Building 433, classroom 156

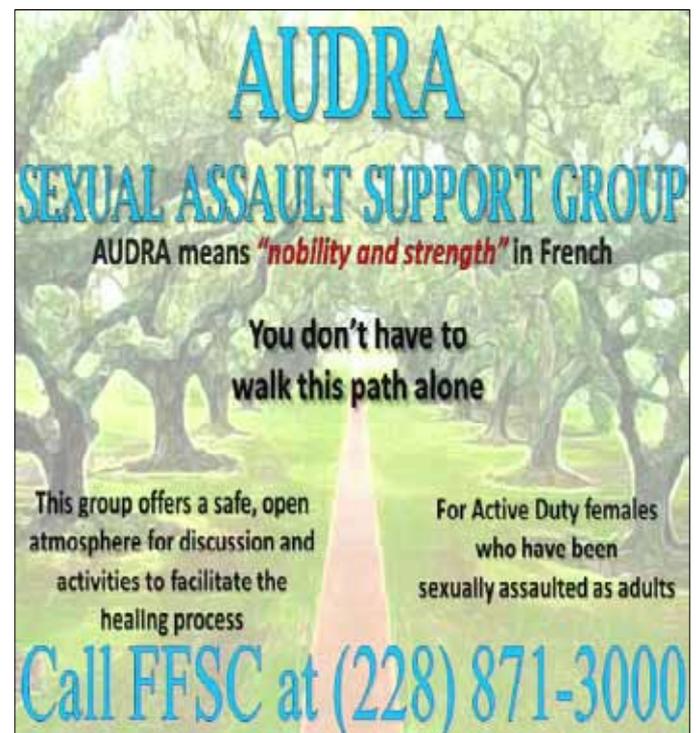
For questions call 202-757-5150 or visit [www.disa.mil/whca](http://www.disa.mil/whca) or search: Facebook.com/WHCARecruitingTeam

November 6, 2014



**Safe Helpline**  
Sexual Assault Support for the DoD Community  
Live 1-on-1 Help Confidential Worldwide 24/7

Local 24/7 Sexual Assault Prevention and Response Program Contact #: 228-596-0697; Your installation Sexual Assault Response Coordinator's Contact #: 228-323-4717; Alternate Sexual Assault Response Coordinator's contact # 504-762-0224; Click: [www.Safe-Helpline.org](http://www.Safe-Helpline.org); Call: 877-995-5247; Text \*55-247 (inside the U.S.); Text \*202-470-5546 (outside the U.S.) \*Text your location for the nearest support resources.



**AUDRA**  
SEXUAL ASSAULT SUPPORT GROUP  
AUDRA means "nobility and strength" in French

You don't have to walk this path alone

This group offers a safe, open atmosphere for discussion and activities to facilitate the healing process

For Active Duty females who have been sexually assaulted as adults

Call FFSC at (228) 871-3000

Seabee Courier



Jesse practices his hand writing during “Writing Time” at the Child Development Center (CDC) on board NCBC Gulfport, Oct. 28. The CDC focuses on helping children get ready to enter kindergarten by teaching them subjects and skills they will encounter in school. For more information on the CDC, call 228-871-2323. (U.S. Navy photo by Builder Constructionman Apprentice Elizabeth Mills/Released)



Hospital Corpsman 2nd Class Phu Nghe, left, and Builder Constructionman Haley Nixon, assigned to Naval Mobile Construction Battalion (NMCB) 133, help care for a couple of dogs recently rescued from two suspected puppy mills located in Alcorn County, Miss., Oct. 30. Approximately 18 Seabees from NMCB 133 volunteered to help the Human Society of South Mississippi and the Harrison County Sheriff’s Department set up dog crates and kennels, wash, feed, walk and hold the dogs as part of the “Feed the Dogs” project. More than 70 dogs were relocated to a temporary facility in Harrison County, Miss. (U.S. Navy photo by Utilitiesman Constructionman Alicia K. Fluty/Released)



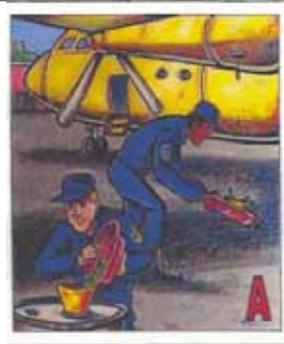
Public Works Department’s (PWD) Utilities Energy Manager, Gene Baker (foreground) and PWD’s Energy Installation Manager, Jason Poe demonstrate how “Smart” power strips work during the Energy Fair at the Naval Exchange Mini-Mart and gas station on board NCBC Gulfport, Oct. 29. (U.S. Navy photo by Builder Constructionman Apprentice Elizabeth Mills/Released)

# Preserving the Environment:

## STORMWATER BEST MANAGEMENT PRACTICES

### Remember to always:

- A** - Use drip pans
- B** - Clean up spills with sorbents
- C** - Dry sweep. Do not hose to drain
- D** - Store waste on spill pallets
- E** - Conduct maintenance indoors
- F** - Assure proper valve operations
- G** - Conduct inspections
- H** - Keep lids closed
- I** - Do not overfill tanks or drums
- J** - Store chemicals in doors and under cover



From NAVFACSE PWD Gulfport Environmental Division

## HVAC Equipment and Energy Savings

By NAVFACSE PWD Gulfport Environmental Division

What is the largest energy user in your building? It probably is the heating, ventilating, and air conditioning (HVAC) systems. Obviously, HVAC systems provide comfort control in any building by heating and cooling the air. This is not all that HVAC systems do, they filter the air, control the humidity and building pressure while providing fresh air makeup all at the same time. All of this happens with very little interaction between the building occupants and the HVAC systems.

Each building has a unique set of systems—heating, cooling, and ventilation. Well-designed and maintained energy efficient HVAC systems are essential for employee comfort and productivity. These systems also inhibit the growth of molds and fungi within the building.

Unfortunately, many buildings are

out of control, i.e.; systems and controls are not functioning the way they were designed to perform. This is true for new as well as old buildings, due to buildings not being commissioned once construction is completed. Commissioning is the process that checks to see that the building is operating the way it was designed to operate by finding and correcting design and construction flaws.

The following suggestions are guidelines only. Discussions with the Building Energy Monitor or Installation Energy Manager will determine the best actions to take to ensure safe and efficient operation of your building's systems.

- Check regularly with building occupants about their comfort noting any problems including uncomfortable temperatures, drafty areas, mold and mildew growth, excessive or inadequate humidity, and suspected indoor

air quality problems. Depending on the cause of the discomfort put in a work order request, e.g., to repair or replace broken window panes, install missing blinds on windows, and install plastic strip curtain barriers in industrial open bay applications. If these actions aren't practical, report the problems to the appropriate personnel.

- Periodically check exterior windows and doors to reduce outside air (infiltration) entering the building through cracks around doors, windows, and through the outside shell of the building. Infiltration allows unwanted heat loss or heat gain. Replace dried or peeling caulk and deteriorated weather-stripping, and apply new material where needed. Infiltration not only causes discomfort to building occupants, but is also a major contributor to energy losses and unnecessary

See **SAVINGS** page 8

## Buzz on the Street

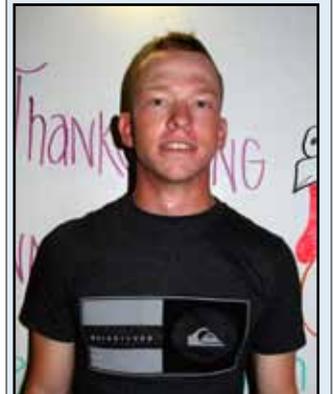
By BUCA Elizabeth Mills  
NCBC Public Affairs

"What does Veterans Day mean to you?"



"To remember the people who have served before us."

**AOAN Berenice Hillegass**  
NCBC  
Hometown: Edinburg, Texas



"To take the time to appreciate what our heroes have done for us."

**BUCA Rodney Lyons**  
NMCB 11  
Hometown: Kingston, Okla.



"Remembering those who have sacrificed their lives for us."

**EO3(SCW) Katherine Knegeris**  
NCBC  
Hometown: Mims, Fla.

# Safety training offered to Sailors and DoD Civilians on board the base



By BU3(SCW) Amanda Hollister  
NCBC Public Affairs

The Safety Office on board Naval Construction Battalion Center (NCBC) Gulfport offers a variety of classes for those who are looking to learn more about certain safety topics or want to enroll in a class.

NCBC Safety Office is known for their motorcycle safety courses, but is also capable of training personnel in subjects such as fall protection, respirators, confined spaces, heat stress, personal protective equipment, back injury prevention, reproductive hazards, driving improvement, driving for

life, new employee indoctrination and others.

According to Occupational Safety and Health Specialist Bruno Maio, you can sign up for any of these courses online through Enterprise Safety Applications Management System (ESAMS). For the motorcycle safety courses, you can also sign up at [www.navymotorcyclerider.com](http://www.navymotorcyclerider.com).

Following an updated contract, new motorcycle safety classes will be scheduled for the month of November.

"We hope to be able to hold the class at least twice each month, hopefully more, and teach no matter how many people show

up," Maio said.

Previously, the classes could not be taught without a minimum number of attendees. Maio hopes that will be omitted from the new agreement to prevent riders from being turned away because it is mandatory for them to complete the course before they can ride on base.

The NCBC Safety Office is also hopeful that a new hire will be qualified to instruct classes for cardiopulmonary resuscitation (CPR) and child/infant seat safety, so they could be re-implemented into NCBC's schedule of classes.

If a member is pressed for time, or a class they need is not offered

in Gulfport within a convenient timeframe, it is acceptable to sign up for classes in Pensacola. This can also be done through ESAMS. In extenuating circumstances, such as a deploying unit that needs specific safety training, contact the Safety Office directly.

"If Seabees are deploying, and they need to be fitted for respirators – we'll make a special class for that," said Maio.

For further information on any safety program, see your unit safety representative, or call 228-871-4343 for motorcycle safety course instructor or 228-871-3802 for Occupational Safety and Health Specialist Bruno Maio.



## NCBC Housing Yard Sale Nov. 15, 8 a.m. - 1 p.m.

Please place items for sale and signs in front yard only. Balfour Beatty Communities will advertise your sale on the BBC Facebook page. Call 228-863-0424 or email [lladner@bbcgrp.com](mailto:lladner@bbcgrp.com) with info.

## NCBC Frames

Logistics Specialist 2nd Class(SCW)  
**Kendrick Williams**  
Naval Mobile Construction Battalion 11  
Assistant LPO Supply Department

## FREEZE

By UTCN Alicia Fluty  
NCBC Public Affairs

## FRAME



**CNO, Joint Chief Of Staff, and other flag officers with my time at the U.S. Navy Ceremonial Guard, Washington, DC.**

FF: What has been your biggest motivation throughout your career?

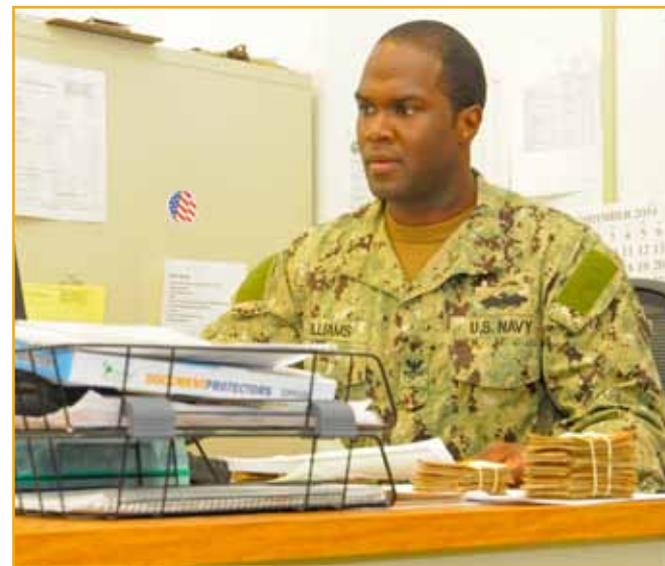
**KW: My family.**

FF: What advice would you give to future Seabees and Sailors?

**KW: Do not join the military just to get out of home. Join to stand for something and add value to your life, not just for a paycheck.**

FF: What is your favorite part about being/working with the Seabees - why?

**KW: Working with the Seabees is an experience. My favorite part of being with the Seabees is the deploy-**



**ments. Deploying to land sites is much easier than staying on a boat for six-eight months at a time.**

FF: Who was your most influential mentor during your career, and why?

**KW: Logistics Specialist Senior Chief Anthony Qualls. He has**

**stood up for me when I needed it. He has showed me the politics of the Navy and how to maneuver throughout without lowering my standards or brown-nosing my way up the ranks. Allow my talents and experiences to speak for me, not the nay-sayers.**

FF: What single experience during your career stands out the most, and

why does it stand out?

**KW: The opportunity to meet the President,**

# Veterans Day history, savings and freebies

By **BUCA Elizabeth Mills**  
NCBC Public Affairs

Veterans Day, formerly known as Armistice Day, was originally set as a U.S. legal holiday to honor the end of World War I, which officially took place Nov. 11, 1918. In legislation that was passed in 1938, November 11 was "dedicated to the cause of world peace and to be hereafter celebrated and known as 'Armistice Day.'" As such, this new legal holiday honored World War I veterans.

In 1954, after having been through World War I, World War II and the Korean War, the 83rd U.S. Congress -- at the urging of the veterans service organizations -- amended the Act of 1938 by striking out the word "Armistice" and inserting the word "Veterans." With the approval of this legislation June 1, 1954, Nov. 11 became a day to honor American veterans of all wars.

Below is a list of some of the businesses and entities offering specials to veterans. For more information on deals and dates go to [www.military.com](http://www.military.com) or [www.militarybenefits.info](http://www.militarybenefits.info) or check with the business establishment. Must have valid ID, DD-214, be in uniform, or other valid proof.

- ~ Free car wash at Pit Stop Car Wash, 11319 Highway 49
- ~ Free oil change Meineke Car Care Center
- ~ Free haircuts at Great Clips
- ~ 15 percent off at Walgreens
- ~ 11 percent off at Dollar General
- ~ 15 percent off at Family Dollar
- ~ 15 percent off at Forever 21
- ~ 20 percent off at JC Penny
- ~ 20 percent off at Bed, Bath & Beyond
- ~ 10 percent off at Big Lots
- ~ \$400-\$700 off select mattresses at Sleep Number Stores
- ~ 30 percent off AARP
- ~ 10 percent off at Lowes
- ~ 10 percent off at Home Depot
- ~ Free entrance fee at National Parks
- ~ Free dinner at Golden Corral Nov. 17, 5 - 9 p.m.
- ~ Free appetizer and drink at Long Horn Steak House
- ~ Free dinner at Olive Garden
- ~ Free appetizer and drink at Outback
- ~ Free appetizer at Red Lobster
- ~ Free meal at Applebee's



- ~ Free doughnut & coffee at Krispy Kreme
- ~ Free meal at Chili's
- ~ Buy one get one free at T.G.I.F.
- ~ Free meal at Hooters
- ~ Free 6" sub at Subway (individually owned)
- ~ Free walking cane at Sam's Club
- ~ Free tall brewed coffee for active, inactive and spouse at Starbucks
- ~ Free build your own grand slam at Denny's from 5 a.m. to noon at participating locations
- ~ Yogi Bear's Jellystone Camp Resort, Nov. 14-15. Free campsites. Call to make a reservation, 985-542-1507. If you do not have a camper we will give 50 percent off cabin prices. Visit our website or facebook page for details.

## Colmer Dining Facility Veterans Day Meal

**Nov. 12, 11 a.m. – 12:30 p.m.**

Pasta Bar	Speed Bar
Spaghetti	Hamburgers
Penne pasta	Hot Dogs
Grilled vegetables	French Fries
Grilled Italian Sausage	
Grilled chicken	
Marinara sauce	*Patrons will be able
Alfredo Sauce	choose which pasta,
Green beans	meat/veggie and sauce
Steamed squash	they would like

Meal Cost: \$4.65  
All with authorized access to NCBC are invited

## 3rd Annual Long Beach Veterans Day Parade Celebration

**Nov. 10, 1 p.m.**

### Jeff Davis Avenue, Long Beach

Long Beach's parade is to honor, remember and say THANK YOU to all veterans who served, continue to serve, and who died for our county! We can't say THANK YOU enough! There will be a community breakfast 7:30 - 11 a.m. for veterans and their families at First United Methodist 208 Pine St. Long Beach. The parade will begin at War Memorial Park on Church Avenue at 1 p.m., and continue to downtown Long Beach on Jeff Davis Avenue. Live music will be performed by the Long Beach Middle School in Town Green prior to and after the parade. Sponsored by the First United Methodist Church of Long Beach. Point of contact for more information is Susan Taylor, 228-332-1083. Admission: Free

## 14th Annual Gulf Coast Veterans Day Parade

RED WHITE & BLUE on the GREEN  
ENTERTAINMENT FOOD ARTS & CRAFT VENDORS

### SATURDAY November 8, 2014 Downtown Biloxi Parade Begins at 11am FESTIVAL 10am-2pm

### COME JOIN US!

**Antique Military Vehicles, Floats, Military Marching Units, Marching Bands, JROTC Groups and all the pomp and circumstance!**

**This event is FREE to the public. Our Veterans have already paid the price!**

**For more information:**  
**Website: [www.msveteransparade.com](http://www.msveteransparade.com)**  
**FB: [www.facebook.com/veteransday.parade](http://www.facebook.com/veteransday.parade).**  
**Phone: (228) 669-4997**

The NCBC Gulfport Commissary will be open  
Veteran's Day, Nov. 11, 9 a.m. - 7 p.m.



Ensign Michael Murry briefs Explosive Ordnance Disposal Technician 3rd Class Iain Omera, both assigned to Explosive Ordnance Disposal Mobile Unit 2, before conducting a pier inspection during Bold Alligator 2014. Bold Alligator is intended to improve Navy and Marine Corps amphibious core competencies. Working with coalition, NATO, allied and partner nations is a necessary investment in the current and future readiness of our forces. The exercise is Oct. 29 - Nov. 10, afloat and ashore, along the Eastern Seaboard. #BoldAlligator14 (U.S. Navy photo by Mass Communication Specialist 2nd Class Nicholas S. Tenorio/Released)

# Navy Seabees stand up forward operating base during Exercise Bold Alligator 2014

By MC2 Jared Aldape  
EODESU 2

BOGUE, N.C. -- Seabees from Explosive Ordnance Disposal Expeditionary Support Unit (EODESU) 2 showcased their unique brand of craftsmanship in an expeditionary capacity during Bold Alligator 2014 (BA14), a training exercise that runs through Nov. 10.

The Seabees constructed an entire forward operating base (FOB) during BA14 -- a capacity that has become their trademark throughout history.

The FOB, which plays a vital role during the exercise, was but a vacant field just a week prior. As part of exercise BA14, Seabees were tasked with creating a unique operating environment for the core of the expeditionary forces.

"The mobilization is a huge part of the process," said Engineering Aide 1st Class Asdrú Arana, assigned to

EODESU 2 and assistant site manager at Bogue FOB. "That's our bread and butter. We train to mount out within 48 hours. Planning is the most strenuous part of this evolution. Execution in my opinion is the easy part. If you fail the plan then you plan to fail."

Seabees conducted a number of site visits before they mobilized in preparation for the exercise.

"If you look at the topography of this area, this is all a drain hole," said Arana, motioning to a portion of the field that is slightly lower than the rest. Originally, the location would have been the FOB's Operation Center. "If we set up camp here a storm could flood out the entire area and damage electronics. We came up with a new plan for the layout and pitched it to all the planners. Some items worked and some had changed. Every plan is going to need an adjustment.

Plans change on the fly." EODESU 2 Seabees are also joined by Sailors from Navy Mobile Construction Battalion (NMCB) 202 during BA14. The Seabees have generated more than 240 man-hours a day, and over 60 units of lumber daily in dedication to the construction and upkeep of the Bogue FOB.

"Day in and day out, building assets to specification and according to the mission is what we do," said Utilitiesman 1st Class Robert Brooke, assigned to NMCB 202 and assistant site manager at Bogue FOB.

The Seabees were successful in standing up facilities to house communications and operation centers while setting up a perimeter and establishing an entry control point. In a systematic order, these construction experts made

See BOLD page 9

From TRADITION page 1

portunity to give back to the community and show our support for the athletes" said Construction Mechanic 3rd Class Patrick Ryan, volunteer coordinator.

Approximately 18 Seabees from NMCB 133 volunteered to help the Human Society of South Mississippi and the Harrison County Sheriff's Department set up dog crates and kennels, wash, feed, walk and hold the dogs as part of the "Feed the Dogs" project, Oct. 30. More than 70 dogs were relocated to a temporary facility in Harrison County, Miss, after being rescued from two suspected puppy mills located in Alcorn County, Miss.

Builder Constructionman Hayle Nixon was one of the Seabees who volunteered for the "Feed the Dogs" project and expressed that she loves to help animals.

"Since we can't have pets in the barracks it's nice to get out and be able to play with them after work is done," said Nixon.

NCG 2's First Class Petty Officers Association is in the process of erecting a privacy fence of approximately 1200 linear feet for the Forest Heights Center Boys & Girls Clubs of the Gulf Coast. In the upcoming days they will build a handicap ramp for the Long Beach Food Pantry. Seabees will also volunteer at the Pathways 2 Possibilities event Nov. 13 -14 at the Mississippi Coast Coliseum. Pathways to Possibilities is an interactive career expo designed for sixth and eighth graders in private and public schools in the six lower counties of Mississippi. The goal of Pathways to Possibilities is intended to inspire and encourage students to further explore the military pathway through interactive hands-on activities.

There are other projects Seabees work on with the community. The Adopt-A-Highway program is one of them. Volunteers will support the annual Veteran's Day parades in Biloxi and Long Beach. They also volunteer at the Feed My Sheep program dedicated to provide nourishment to the homeless, homebound and needy in the Gulfport area.

According to NCG 2's Volunteer Program Coordinator, Builder 1st Class Shawn Monkress, requests for help from the community are received by NCG 2 from local outside sources, email and word of mouth. Once the projects are arranged and scheduled by date, NCG 2 assigns volunteers from all commands such as Naval Mobile Construction Battalion (NMCB) 1, NMCB 11, NMCB 133, Naval Construction Training Center (NCTC) and NCG 2.

"The community loves the services and work provided by the Seabees and trusts and hopes they will continue to ask for help and support for their needs and volunteer events," Monkress said. "The community is very impressed with the participation and hard work that Seabees provide."

**TOYS FOR TOTS** – Military families can apply at the Fleet and Family Support Center through Nov. 14, Monday – Thursday, 8 a.m. – 4 p.m., and Friday, 8 a.m. – 3 p.m. Applications will be accepted for E-6 & below (all others on a case by case basis). Service members or spouses can show military ID and complete a brief application. For more information, please call 228-871-3000.



WE BUILD + WE FIGHT

**SEABEE** Online  
United States Navy

OFFICIAL ONLINE MAGAZINE OF THE SEABEES SEABEEMAGAZINE.NAVYLIVE.DODLIVE.MIL

# Focus on Education

## Education Notes

### COUPONING 101

Fleet and Family Support Center will host Couponing 101, Nov. 15, 2 – 4 p.m., at FFSC. Free child care is available for military children (up to age 12), whose parents are attending the class. Deadline to sign up for child care is Nov. 7. Call 228-871-2323 to arrange for child care. Call FFSC at 228-871-3000 to sign up for the class.

### PLAY & LEARN STORY TIME

Play & Learn Story Time for parents and kids (ages 3 - 5), will be presented Nov. 12, 9:30 - 10:30 a.m., in the FOCUS offices, 304 John Paul Jones, Room 405 (by Anchors & Eagles). Parents and children will learn how to improve communication, share feelings. Techniques will be taught separately, then together!

To sign up, RSVP to Debra Thomas, 228-822-5736 or [dthomas@focusproject.org](mailto:dthomas@focusproject.org).

### LATCHKEY KIDS & BABY-SITTING

A Latchkey Kids class (for ages 10-11, 8:30-10:30 a.m.) and Baby-sitting Class (for ages 11 and up, 8:30 a.m. - 12:30 p.m.) will be held at Fleet and Family Support Center Nov. 24. Call FFSC at 228-871-3000 for information or to reserve a seat.

## Is deployment stress weighing you down? CYB/MFLC programs can help

From Kevin Byrd  
NCBC School Liaison

Military families who are experiencing stress during deployments may not know about the help that is available to them through the Child and Youth Behavioral (CYB) Program, which is a component of the Military & Family Life Consultant (MFLC) Program.

These programs are designed to assist service members and their families with issues they may face throughout the cycle of deployment.

The MFLC Program provides short-term, non-medical counseling support for a range of issues including: relationships, crisis intervention, stress management, grief, occupational and other individual and family issues. Services are private with the exception of duty to warn situations.

CYB-MFLCs are:

- ~ Masters and Ph.D. level MFLCs specializing in child and youth behavioral issues
- ~ Available at no cost to assist children and youth, parents, family members and staff
- ~ Available to provide short-term, non-medical problem solving support
- ~ Dedicated to augmenting existing military support services

CYB-MFLCs provide a broad-ranging support to military children and youth, and to the family members and other adults who support them. For example, they:

- ~ Engage in activities with children/youth
  - ~ Provide direct intervention in classroom, camp or family childcare situations, including assisting staff in setting and managing boundaries
  - ~ Model behavioral techniques and provide feedback to staff
  - ~ Are available to staff to discuss interactions with children and other concerns
  - ~ Outreach to parents
  - ~ Facilitate psycho-educational groups at child and youth program sites
  - ~ Conduct parent and staff training sessions
- CYB-MFLCs generally assist families through group sessions and educational presentations, however, individual meetings can be arranged. Session topics include:

- ~ School Adjustment
- ~ Deployment and separation

- ~ Reunion adjustment
- ~ Sibling and parent-child communication
- ~ Behavioral concerns, fear, grief, and loss
- ~ Daily life issues

### NCBC Gulfport Military and Family Life Consultant (MFLC) contact numbers by district/schools

#### Biloxi District

Popps Ferry Elementary and North Bay Elementary: 228-355-8115; Jeff Davis Elementary: 228-239-7393; Biloxi High School and Biloxi Junior High: 228-229-4126

#### Gulfport District

Anniston Elementary School, Bayou View Middle School, 28th Street Elementary School, Gulfport Central Middle School and Gulfport High School: 228-229-4234

#### Hancock County

Hancock Elementary, Hancock High School and Hancock Middle School: 228-229-4240

#### Harrison County

D'Iberville Elementary School, D'Iberville High School: 228-355-8488; West Wortham Elementary/Middle School, Harrison Elementary School, Three Rivers Road Elementary School and Lyman Elementary School: 228-355-8414

#### Jackson County Schools

St. Martin North Elementary, St. Martin East Elementary, St. Martin Upper Elementary, St. Martin Middle School and St. Martin High School: 228-239-7493,

#### Long Beach District

Reeves Elementary, Quarles Elementary and Harper McCaughan: 228-229-4207; Long Beach Middle School and Long Beach High School: 228-229-4210

#### Ocean Springs

Ocean Springs Upper Elementary, Ocean Springs Middle School and Ocean Springs High School: 228-229-4151; Oak Park Elementary, Magnolia Park Elementary and Pecan Park Elementary: 228-355-8569,

#### Pascagoula Schools

Trent Lott Elementary, Gautier Middle School, Gautier High School and Pascagoula High School: 228-239-7404

Point of contact for information regarding the Military & Family Life Consultant Program is NCBC Gulfport School Liaison Officer, Kevin Byrd, 228-871-2117 or [kevin.r.byrd@navy.mil](mailto:kevin.r.byrd@navy.mil).

## Navy League Scholarship

The Navy League Scholarship Foundation is accepting applications from high school seniors until March 1, 2015. Children and grandchildren of current or former members of the Navy, Marine Corps, Coast Guard and Merchant Marines, as well as members of the Naval Sea Cadet Corps are encouraged to apply. The Navy League Foundation awards four-year, \$10,000 scholarships. To apply for any of the Navy League Foundation's scholarships, visit <http://www.navyleague.org/aboutus/scholarship>.

## Operation Homefront Military Child of the Year nominations due Dec. 12

Operation Homefront, the national nonprofit dedicated to providing emergency financial and other assistance to military families, is accepting 2015 Military Child of the Year nominations online through Dec. 12. The award is presented to an outstanding child from each branch of service. This year there will also be an additional category for children of National Guardsmen. Recipients of the awards each receive a \$10,000 award and a laptop and are flown with a parent or guardian to Washington, D.C. for a special awards gala, April 16. For more information, please visit <http://www.militarychildoftheyear.org/>.

From **SAVINGS** page 4  
heating and cooling costs.

- Make sure all exterior doors and windows are closed when heating or air conditioning is on, and investigate when doors or windows are left open. Signs may help to remind occupants to close doors. As mentioned above, excessive heat and cold may mean adjustment, repair, or replacement if necessary. Be par-

ticularly perceptive when the seasons change, and if more or less heating/air conditioning is needed.

- If the building has any non-conditioned (heated or cooled) rooms or areas, keep doors closed to prevent infiltration to conditioned spaces.
- Make sure air conditioning/heating vents are not covered or blocked.

- Remove window air conditioners or cover them during the heating season.
- Sunlight through building windows creates a lot of heat. This heat may be welcome in a cold climate or undesirable on a summer day. Ensure that all window coverings such as drapes, shades, and blinds, are adjusted accordingly.
- If the building has a loading dock make sure the door is open only when needed.

# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Special Contributor

## Appreciating sacrifice on Veterans Day

I'm just a housewife, what the heck do I know?

Some days it seems my only expertise is how to wipe smudges off the refrigerator door, but it turns out, I've actually learned a thing or two in my 21 years as a military spouse.

I've learned that being in the United States military is not just a job – it is a lifestyle that requires the commitment of the entire family. Since the 1970s, our military has consisted entirely of volunteers who sign up to serve their country, knowing that their families will face sacrifices and hardships.

My husband has been on active duty in the Navy for 26 years, and our family has lived in nine different homes in five states and two foreign countries. He has spent many days away from home; the longest separation was a yearlong deployment to Djibouti. But we've been pretty lucky; other military families have had it much worse, with multiple deployments, back-to-back hardship tours and hazardous duty.

Even though military folks could have nice lives "on the outside" with, in most cases, better pay and stability for equivalent work, many have stayed well past their service obligation despite 13 long years of war.

Why on earth do they do it?

Although retirement benefits, compensation, and job stability are factors, there has always been a common sense of patriotic duty motivating military



servicepersons to keep at it. It might sound clichéd to civilians, but the honor, pride and respect that has traditionally come with serving one's country has been a key reason why military families continue to volunteer for duty year after year.

Well, at least until recently.

With all the talk of fiscal cliffs, sequestration, budget cuts, downsizing, draw down, veteran unemployment, force reduction, retention boards, and the public's increasing war fatigue; military members are not exactly "feeling the love." In fact, the armed forces could be facing the worst military retention rates since the post-Vietnam War era.

The 2014 Navy Retention Study released on Sept. 1 examined which factors were impacting Sailors' "stay/go" decisions, concluding that "Sailors are most likely to leave uniformed service because of increasingly high operational tempo, poor work/life balance, low service-wide morale, declining pay and compensation, waning desire to hold senior leadership positions, and a widespread distrust of

senior leadership, all of which erodes loyalty to the institution."

The Navy study revealed plummeting morale – only 17.7 percent of Sailors ranked morale to be good or excellent -- finding "a fundamental belief that attainment of senior positions ... are not worth the sacrifice."

Other branches of the service are also facing the negative impact of budget cuts and war fatigue on morale and retention of their servicepersons. The Blue Star Families 2014 Military Family Lifestyle Survey indicated that "[c]hanges in the national security priorities have ripple effects on military families that were evident in the responses of this year's survey participants."

The Survey participants perceived that "civilians do not understand the service or sacrifices made by military families." Blue Star Families recommended that policy makers take note of "the contributions of the military service culture to American life."

"One of the biggest challenges we face as a country is supporting our military community both so that our all-volunteer force remains a sustainable alternative, and so that a generation of service members, veterans and military family members are both empowered and encouraged to share their sense of service, adaptability, and civic mindedness with the nation and within local communities,"

See **VETERANS** page 12

short work of setting up amenities for the FOB's inhabitants. From laundry and shower facilities to a gym and dining area there doesn't seem to be any end to what the Seabees can provide for the make shift installation. "There's always an extra need at the camp," added Brooke. "If anyone on the FOB was unsure of what Seabees did, or what they're capable of doing it has become very apparent to them after walking through the camp. All of the amenities here are Seabee battalion driven."

The Seabees on the FOB are self-sufficient, they are the public works that keep the utilities running. They keep the generators maintained to produce the electricity that powers outlets. The communications center for example is powered by a generator.

These handy Sailors take pride in what they build and the products they present. Many of the intricate wooden projects such as the FOB's sentry shack are not going to waste after the conclusion of BA14. A number of the camps components will be turned over to the local Marines at Bogue Field for their use. "The Marines are more than happy to use the entry control point gate we've made for their airfield and other items for their own training scenarios."

The simplicity of integrating Seabees from other commands and battalions is not to be overlooked. According to Brooke, within the Seabee community, Sailors are cross trained and understand the fundamentals of each other's respective trades.

"For example, I'm a Utilitiesman and I'm also a pretty decent builder," said Brooke. "I actually do more builder work than that of a utilitiesman. We're skillful in each other's trades, and that makes us a capable force over than let's say an Army Soldier who may be just focused on carpentry. That's what makes us unique."

The concept allows Seabees to form a more cohesive unit by allowing the expectation that each member of the community has a basic understanding of how to being a construction project.

"It's about trust," added Brooke. "You can trust your Sailors to do their job safely and rely on each other."

The job of the Seabee doesn't stop after the construction ends, they also make up half of the FOB's security team that runs the entry control point as well as providing Humvee or High Mobility Multipurpose Wheeled Vehicle (HMMWV) support to fortify the installation's security.

"I'm glad that we're here and exhibiting our capabilities, I hope they'll take that into consideration for further exercises," said Brooke.

It's easy to see how these Sailors fit seamlessly into the exercise alongside their support EODESU 2 counterparts.

"We are trained to work not only within Seabee battalions but to accomplish our job in high risk areas where EOD and special operate," he said.

Seabees can also attach with deployed Marine forces as part of a joint task force.

"Battalion is the green machine," explained Arana. "We deploy and attach to Marine units, build camps similar to this from the ground up in expeditionary environments. That's where we made our mark throughout history, and to this day we are deployed worldwide."

Today, the Seabees are making improvements to facilities to provide even more amenities to service members staying in the FOB. "You give me 20 Seabees from anywhere and we can make a lot of difference," said Arana.

**Fraud, Waste and Abuse Hotline:** Due to limited IG resources throughout the Southeast Region, all Fraud, Waste and Abuse hotline work will now be handled by the Region. To report Fraud, Waste and Abuse, contact the Region at: Toll Free 1-877-657-9851, Comm: 904-542-4979, DSN 942-4979, FAX: 904-542-5587, Email: CNRSE\_HOTLINE@navy.mil

# NCBC Helping Hands

## PATHWAYS TO POSSIBILITIES (P2P)

Volunteers are needed to work inside and outside in support of P2P - an interactive career expo for approximately 6,000 8th graders in private and public schools in the six lower counties of Mississippi. P2P will take place Nov. 19 - 20 at the Mississippi Coast Coliseum. Outside volunteers will help direct buses, greet students, collect student information and help students get back on buses safely, etc. Indoor volunteers will guide students around the exhibits, greet students, bring supplies to Pathways and check in volunteers. To find out more about P2P or to sign up to volunteer, visit: [http://united-waysm.galaxydigital.com/volunteer/agency/display/?agency\\_id=15424](http://united-waysm.galaxydigital.com/volunteer/agency/display/?agency_id=15424)

**SANTA IN THE HARBOR** - The city of Gulfport is asking for 45 volunteers, Dec. 20, for "Santa in the Harbor" at the Barksdale Pavilion in Jones Park. Volunteers are asked to arrive at the pavilion by 4 p.m., and be prepared to remain until 10 p.m. During the event, volunteers will help with Santa's toy line, serve refreshments, help at college station and perform other event-related tasks. To volunteer, please contact Brittany Dyess, 228-860-4444.

**DIAMONDHEAD COMMUNITY BANDSTAND** - Approximately four volunteers are needed to construct a 16' in diameter wooden Victorian bandstand from plans provided. Point of contact for more information is Harold Dawley, 228-437-4210 or [Hdawley@bellsouth.net](mailto:Hdawley@bellsouth.net)

for more information.

**READING TUTORS** - Approximately 20 volunteers are needed to read with children 30 minutes a week at 28th Street Elementary School Mondays - Thursdays from 7:30 a.m. - 1:30 p.m. A teacher will be present in the classroom to offer assistance. Email [nancy.miller@gulfportschools.org](mailto:nancy.miller@gulfportschools.org) or call Dianna Miller at 228-867-2140. Reading volunteers are also needed at Central Elementary School, Tuesdays through Fridays, with the greatest need being Thursdays and Fridays from 12:25 - 12:55 p.m., and from 1:05 - 1:35 p.m. Email [tammie.gray@gulfportschools.org](mailto:tammie.gray@gulfportschools.org) or call 228-865-1933 to volunteer.

**DISABILITY CONNECTION** - Disability Connection provides support to individuals with disabilities, including military veterans. Volunteers are needed to build ramps and provide home inspections for needed material lists. Point of contact is Ms. O'Keefe, 228-604-4020 or [office@disabilityconnection.org](mailto:office@disabilityconnection.org).

**GULFPORT SCHOOLS NAVAL SEA CADET CORPS** - The Gulfport Battalion of Naval Sea Cadet Corps (NSCC) is looking for adult volunteers willing to help the area's youth succeed in life. NSCC is a non-profit, nautically oriented, youth training and education organization which is run by the Navy League with support from the United States Navy. Although a great plus, no prior military experience is required; all we need are adults who are passionate about mentoring America's youth. Point of contact is Lt. Cmdr.

Thomas O. Klomps, NSCC, at [Region63@juno.com](mailto:Region63@juno.com) or 850-890-6792.

**COAST SALVATION ARMY** - Volunteers are needed for various projects throughout the year. Point of contact is [Shawna\\_Tatge@uss.salvationarmy.org](mailto:Shawna_Tatge@uss.salvationarmy.org).

**HELP SENIORS AND DISABLED CITIZENS** Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handymen/women. Point of contact is Mag Holland, 228-896-0412.

**NAVY-MARINE CORPS RELIEF SOCIETY** The NMCRS Thrift Store is experiencing a severe shortage of volunteers. Call 228-871-2610 to volunteer.

**USS ALABAMA ALWAYS LOOKING FOR HELP** - The Navy is looking for volunteers with construction expertise for a rewarding experience. The battleship USS Alabama anchored in Mobile Bay needs help from individuals that can work with wood, steel, and concrete for work aboard ship and around the grounds. Point of contact is Owen Miller, 251-433-2703 or cell 251-767-0157.

**USO GULF COAST** - Interested in volunteering? We need volunteers every day to assist at our centers throughout the military community. To become a USO volunteer, you'll need to create a volunteer profile through [www.usovolunteer.org](http://www.usovolunteer.org). This will allow you to keep track of your hours. Point of contact is Nicole Lewis at [nlewis@uso.org](mailto:nlewis@uso.org).

**A reminder from NCBC Security:** Holiday Awareness! As the holiday season approaches, remember while shopping or just out and about, park in well-lit areas; don't carry large amounts of cash; keep personal

items secured and close to your body while moving through crowds. Try to do bulk shopping for gifts or groceries during daylight hours. Quickly load and unload vehicles and always keep your vehicle secured. Be extra

cautious of anyone asking for help, change, directions, etc. Don't be a target! Stay vigilant and aware of your surroundings. Keep personal and physical security at the for-front of your mind.

## Seabee Memorial Chapel

### Religious Services Sunday:

Catholic Mass: 9:30 a.m.  
Protestant: 10:30 a.m.  
Weekday Mass:  
Tuesday: 11:15 a.m.



### NCBC Center Chaplain: Lt. Cmdr. Ammie Davis, Chaplain

For more information about Chapel programs, please call the Chapel at: 228-871-2454

Follow the Chapel on Facebook to keep up with the programs and events. Search "Seabee Memorial Chapel," and click "Like"

## What's happening at the Chapel?

### Sundays

- Protestant Sunday School/Trivia Bowl: 9:15 a.m. (childcare available via volunteers)
- Catholic Mass: 9:30 a.m. (childcare available via volunteers)
- Protestant Service: 10:30 a.m. (childcare/nursery available via volunteers)
- Catholic CCD (Confraternity of Christian Doctrine): 10:30 a.m.
- Club Beyond: 2 p.m. (middle to high school students)
- Beyond Club: 4 p.m. (middle to high school students)

### Tuesdays

- Catholic Mass: 11:15 a.m.
- Protestant Bible Study/Bible Bingo: 6 p.m. (childcare/nursery available via volunteers)

### Wednesdays

- Praise Break: 11:30 a.m. (30 minutes of praise and worship

through music)

- Protestant Women of the Chapel Bible Study: noon to 1 p.m. (childcare available via volunteers)

### Thursdays

- Catholic Mass: 6 p.m., Fellowship: 6:30 p.m., Bible Study: 7 p.m.

### Meetings:

*Chapel Council meetings*  
The Seabee Memorial Chapel Council meetings will meet the last Sunday of each month following service time. This is a time for council members to meet with Chaplain Davis.

*Quarterly "State of the Chapel" meetings*

The Chapel will hold quarterly State of the Chapel meetings with Chaplain Davis and Father Paddy open to all congregation members.



## Veterans Day Hours of Operation 2014

	Saturday Nov 8	Sunday Nov 9	Monday Nov 10	Tuesday Nov 11
MWR Admin.	CLOSED	CLOSED	0800-1400	CLOSED
A&E	CLOSED	CLOSED	CLOSED	CLOSED
Aquatics	1000-1600	CLOSED	1000-1600	CLOSED
Auto Skills	0900-1700	CLOSED	CLOSED	CLOSED
Beehive	1700-2330	CLOSED	1630-2230	CLOSED
CDC-Gulfport	CLOSED	CLOSED	0600-1730	CLOSED
School Liaison	CLOSED	CLOSED	0800-1400	CLOSED
Grill	CLOSED	CLOSED	CLOSED	CLOSED
Fitness Center	0900-1600	0900-1600	0430-2000	0900-1600
ITT	1000-1400	CLOSED	1000-1630	CLOSED
Liberty Center	1000-2300	1000-2200	1000-2200	1000-2030
Movie Theater	SEE MOVIE SCHEDULE	SEE MOVIE SCHEDULE	CLOSED	CLOSED
Navy Outdoor Rec.	0700-1300	CLOSED	0800-1300	CLOSED
RV Park	0800-1600	0800-1400	0800-1600	0800-1600
YAC & Teen Center	Rec Trip	CLOSED	0600-0730/1400-1730	CLOSED

November 6, 2014

## Want to talk turkey? Remember the commissary

**By Sallie Cauthers**  
DeCA Markets & Mass Media Specialist

Military families facing the annual ritual of planning their holiday menus need look no farther than their commissary for quality and savings.

"Your commissary has the most affordable, high-quality, name-brand ingredients for the perfect holiday meal," said Tracie Russ, the Defense Commissary Agency's sales director. "This year we're not only offering our annual 'free frozen turkey' promotion with high-value coupon booklets, but also a fresh turkey special with great pricing."

Throughout November, commissary industry partners – vendors, suppliers and brokers – are collaborating with stores to offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotional programs.

Commissary patrons can also check the DeCA website at [www.commissaries.com](http://www.commissaries.com), select the "Shopping" link and click on "Sales & Events" tab for the latest in promotional information. Customers are asked to check their local commissary for details on dates and times for the following promotions:

~ "Get Your Turkey Free – When You Buy All the Fixin's!" This worldwide promotion revolves around a 16-page recipe booklet with coupons valued at more than \$41. The coupons provide

extra savings on holiday meal essentials applied toward free turkeys. Participating vendors include Kraft Foods, Kellogg's, ConAgra Foods, Campbell's, Pepperidge Farms, General Mills, Hefty/Reynolds Wrap, Presto, Fresh Express, Nabisco, P&G, Heinz and Nexium. Look for these recipe booklets in your local commissary beginning Nov. 1, with coupons good through Dec. 21.

~ Fresh turkeys. On Nov. 17, stateside commissaries will begin offering customers fresh turkeys at low prices. Customers can check out a sales flyer on the DeCA website, [www.commissaries.com](http://www.commissaries.com), for details.

~ The Comforts from Home Project will be launched by Marie Callender's from November through January worldwide. When commissary customers enter a code online from specially marked packages of Marie Callender's meals or desserts, Marie Callender's will make a donation of \$.50 per unit to the USO for a maximum contribution of \$250,000. In a nationally televised event, "A Hero's Welcome," the Comforts from Home Project will also welcome home a soldier from overseas to a completely renovated house. This show, hosted by actor Gary Sinise, will air Nov. 11 across a range of TV networks: HGTV, Food Network, Cooking Channel, Travel Channel and Great American Country.

~ Celebrate the Holidays. General Mills is offering high value in-store coupons on various cooking and baking items in addition to online



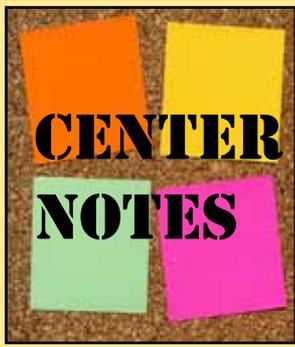
Commissary Rewards Card discounts.

~ "Patriot Perks." As Veterans Day approaches, several commissary vendors are offering "free perks" on the purchase of at least \$15 worth of participating products in stateside commissaries. Patrons can visit the "Sales & Events" tab on [www.commissaries.com](http://www.commissaries.com) for details on submitting their commissary receipt to qualify for a free perk. Participating companies are as follows: Post cereals, Jimmy Dean, Hillshire Farms, Ball Park, Dr. Scholl's, Coppertone, Claritin, Red Bull and Energizer.

~ "Believe in Heroes!" Acosta and its participating brand products present this promotion in commissaries worldwide, offering 300,000 flyers with high-value coupons. During the sale, most participating brands will provide donations to the Wounded Warrior Project foundation.

"Whether the menu is a traditional roast turkey and potatoes, or a vegetarian meal with organic fruits and vegetables, you can find everything you need at your commissary to prepare a memorable holiday smorgasbord," Russ said. "And, it's available at significant savings to ensure that your shopping venture is worth the trip."

Seabee Courier



### SUPPORT Family Readiness Groups

**NMCB 1 FRG** invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activities Center, building 335. Meetings are from 6 - 8 p.m. Children are welcome and babysitting is provided during deployment. Contact FRG President Jenny Richter, e-mail [nmcbonefrg@gmail.com](mailto:nmcbonefrg@gmail.com).

**NMCB 11 FRG** invites all friends and family members to attend FRG meetings the last Monday of every month at 6 p.m. The meetings are held at the Youth Activities Center on board NCBC Gulfport. Children are always welcomed and child care is provided at no cost. Please join us for fun, food, and to meet and socialize with other NMCB 11 families and friends. For more information, please contact us at [nmcb11frg@gmail.com](mailto:nmcb11frg@gmail.com) or like us on our Facebook page, NMCB 11 FRG.

**NMCB 133 FRG** invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Activities Center. Children are welcome and babysitting is provided. Please bring a dish to share. For

more information, contact FRG President Jaime Royal at 317-730-4064 or email [NMCB133fsg@gmail.com](mailto:NMCB133fsg@gmail.com) Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

### FOCUS

**Families Overcoming Under Stress** provides resiliency training to service members and their families by teaching practical skills to help meet the challenges of military life, including how to communicate and solve problems effectively and to successfully set goals together. Confidential and free with family-friendly hours, contact FOCUS today! Call 228- 822-5736 or email [Gulfport@focusproject.org](mailto:Gulfport@focusproject.org)

**Gulfport Officer's Spouse Club** is a social organization that has FUN while helping our community. We meet monthly and have special interest groups for almost everyone! For more information, email [goscgulfport@gmail.com](mailto:goscgulfport@gmail.com) or Facebook <https://www.facebook.com/gosc.gulfport>. We hope to see YOU soon!

**Navy Wives Clubs of America, Inc.**, is interested in reestablishing a club in the local area. If you are interested in joining an organization that promotes the health and welfare of any enlisted member of the Navy, Marine Corps or Coast Guard, please contact Darlene Carpenter at 228-342-2271 or Tina O'Shields, 228-357-0513. Visit [www.navywivesclubsof-america.org](http://www.navywivesclubsof-america.org) for more information on NWCA.

**NMCRS** The Navy-Marine Corps Relief Society Thrift Shop is located in building

29 on Snead Street. The Thrift Shop is staffed entirely by volunteers, and child care and mileage are reimbursed. Retail hours of operation are Tuesday and Friday, 9 a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center, building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

**Gamblers Anonymous** The Fleet and Family Support Center offers GA meetings every Thursday at 11 a.m. GA is a fellowship of people who share their experience, strength and hope with each other. All meetings are confidential and facilitated by GA. Come to a meeting or call Jim Soriano at 228-871-3000 for details.

### TRAINING

**Naval Sea Cadets** The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nation-wide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at [Region63@juno.com](mailto:Region63@juno.com) or 850-890-6792.

### SOCIAL

**Miss. Gulf Coast First Class Association** is always looking for new members. Meetings are every Wednesday at 2:30 p.m., at the Fitness Center classroom. For more information, contact Association president, CE1 Daniel Shaver, 228-871-2145.

**NCBC Multi-Cultural Diversity Committee** is seeking members. Meetings are held weekly on Wednesdays at 9:30 a.m., at the Seabee Memorial Chapel. Contact MCDC President, SW2 Crayton at 228-760-1107 or Vice President, CE2 Tandberg, 850-384-7982 for details.

**VFW Post 3937 Long Beach** - Open Monday - Thursday, noon - 8 p.m., Friday, noon to 10 p.m., Saturday, 7 a.m. - 10 p.m. and Sunday, noon to 7 p.m. Steak Night is every Friday, 5 - 8 p.m., and breakfast is available every Saturday, 7 - 10 a.m. VFW meetings are held the second Wednesday of the month at 7 p.m. New members are always welcome. For more information, contact Post 3937 at 228-863-8602.

**Ladies Auxiliary to the VFW 3937 Long Beach** Are you eligible? The Ladies Auxiliary to the Veterans of Foreign Wars 3937 would like to invite you to become a member. Our organization supports veterans, their families and current service members. In order to join, you must be the spouse, mother, daughter, granddaughter or sister of a service member who has served in a foreign war. Meetings are the second Monday of each month at 7 p.m. at VFW Post 3937, 213 Klondyke Road, Long Beach. Contact Carol Fetters, president, at 228-832-4893 for more information.

**VFW Post 4526 Orange Grove** is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meetings are the first Wednesday of the month at 7 p.m. All are

welcome and encouraged to attend. Call 228-832-0017 for more info.

**NMCB 62 Alumni Group** Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member or for links to historical sites, visit: <http://nmcb62alumni.org>.

**D.A.V. - Disabled American Veterans, Chapter 5** invites Veterans and future Veterans to monthly meetings held the 3rd Monday of each month at 7 p.m. Call Service Officer, Silva Royer at 228-324-1888 to find out more information.

**Navy Seabee Veterans of America (NSVA) Island X-1**, Gulfport is always looking to add new members. You do not have to be retired to be a member. If interested, contact Eugene Cowhick at [eugene.cowhick@navy.mil](mailto:eugene.cowhick@navy.mil), 228-871-2488 or Robert Smith at [Robert.p.smith5@navy.mil](mailto:Robert.p.smith5@navy.mil), 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit [www.nsva.org](http://www.nsva.org).

### HERITAGE

**The Seabee Gift Store** is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m. The shop has a variety of Seabee related memorabilia, books and DVD's. For info, contact the museum at [www.seabee-museumstore.org](http://www.seabee-museumstore.org) or call gift store at 228-871-4779.

### See Something Wrong, Do Something Right



NCIS has two anonymous ways to report crimes or suspicious behavior with the use of discreet and secure online or texting tip lines. To report information by Cell, text: 1. Text "NCIS" to the short code 274637 (CRIMES) from any cell or smart phone. 2. Receive a response. For example, your alias is S2US. Call 911 if urgent! If replies put you at risk, text "STOP." 3. Begin dialogue. To report information ONLINE: 1. Go to [www.NCIS.navy.mil](http://www.NCIS.navy.mil), click on the "Report a Crime" tab and select the icon for "text and Web tip Hotline." \*\*\*There is a reward of up to \$1,000 for information leading to a felony arrest or apprehension.



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the Survey concluded.

I might just be a housewife whose biggest mental challenge today was remembering to defrost the rump roast, but I do know this:

On Veterans Day, we all need to snap out of the political buzz of election day long enough to appreciate the military men, women, and families who spend years committed to securing our country's freedom.

At the very least, we can all grab the hand of a Veteran and say, "Thank

you for your service to our country." Now, more than ever, military members and veterans need to be told that their sacrifices are indeed "worth it."

**Note:** Information for article obtained from: <http://www.military.com/PDF/2014-Navy-Retention-Study-Report-Full.pdf> and <http://bluestarfam.org/resources/2014-military-family-lifestyle-survey>

Get more wit and observations from Lisa at her blog: <http://www.themeatandpotatoes-oflife.com>. Follow Lisa @MolinariWrites